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2006 Montana Conference on Worklife Wellness Planning an Effective Employee Wellness Program

May 17-18, 2006
Hilton Garden Inn
Bozeman, MT

Gold Sponsors:

American Heart Association
Blue Cross Blue Shield of Montana
Home Health of Montana
Lee Newspapers of Montana & Wyoming
Montana Cardiovascular Health Program
TwoMedicine Health and Financial Fitness





Wellness Programming is Important

Research shows that worksite health promotion programming is an effective means to:

- reduce medical costs
- increase productivity on the job
- decrease disability days and workplace injuries
- reduce rates of absenteeism and turnover
- boost morale

Conference Description

The *2006 Montana Conference on Worklife Wellness* is designed to give business professionals the tools to initiate or expand wellness strategies for their employees. The conference is action oriented; participants will develop an individualized plan to implement desired worksite wellness activities.

The bulk of the conference will be a workshop facilitated by Larry Chapman, MPH, Chairman and Senior Consultant for the Summex Corporation, a firm that provides health cost management services to employers, hospital systems, and managed care organizations. Mr. Chapman brings a wealth of experience to Montana businesses, including development of more than 500 employee health cost management programs across the country.

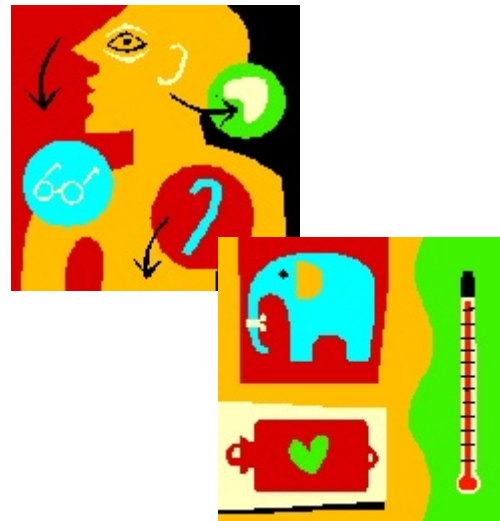
Business professionals will also have an opportunity to visit with several vendors that offer health promotion services, such as health risk appraisals, and to explore ideas with Montana employers who are leaders in the provision of health promotion services for their employees.

Who Should Attend?

Teams of business professionals are encouraged to attend this conference, including at least one person who can implement wellness strategies within the organization.

Appropriate attendees include:

- Business Owners
- Human Resource Directors
- Benefits Managers
- Health/Safety and Wellness Professionals
- CEO's or Presidents



Continuing Education Credits and Accreditation

Human Resource Certification Institute (HRCI) has approved this program for 8.5 general credit hours toward recertification of Professional in Human Resources (PHR), Senior Professional in Human Resources (SPHR), and Global Professional in Human Resources (GPHR).



Planning an Effective Employee Wellness Program: What Works?



Conference Agenda

May 17, 2006

- 11:00 - 1:00 Registration & Vendor Displays**
(Lunch on your own)
- 1:00 Welcome**
- *Joan Miles*, Director, Dept. of Public Health and Human Services
- *Kirk Keller*, Wellness Coordinator, Blue Cross Blue Shield of Montana
- 1:10 Workshop Objectives**
- *Larry Chapman*, Principal, Summex Corporation
- Fundamentals of Worksite Wellness**
(definitions, prevalence of programs, typical prevention targets and interventions, economics of worker health, return on investment, 3 wellness models)
- 2:30 Health Break & Vendor Displays**
- 3:00 The Program Design Process**
- *Larry Chapman*, Summex Corporation
- Step #1: Scope Your Program**
(your program model, goals, objectives, name, theme, target population, roll-out date)
- Step #2: Structure Your Program**
(placement, staffing, advisory committee, liaison or contacts, budget projections)
- 5:00 Break & Vendor Displays**
- 6:00 - 8:00 Hosted Dinner & Welcome**
- *Joan Miles*, DPHHS
- *Governor Brian Schweitzer* (invited)
- Overview of the Montana's Council on Worklife Wellness**
- *Chelsea Fagen*, Health Education Specialist, Cardiovascular Health Program
- Wellness Awards: How Can Your Business Be Recognized?**
- *Jill Young*, Director of Wellness, University of Montana

May 18, 2006

- 7:30 am Continental Breakfast & Vendor Displays**
- 8:15 The Program Design Process Continues**
- *Larry Chapman*, Summex Corporation
- Step #3: Communication Strategy**
(notification, newsletters, promotion, other outreach)
- Step #4: Health Management Process**
(health risk appraisal, coaching, screening, medical self-exam)
- 9:45 Health Break & Vendor Displays**
- 10:15 Step #5: Group Activities**
(wellness events, classes, others)
- Step #6: Supportive Environment**
(walk-through, policies, benefits, incentives)
- Putting it All Together**
(proposal, positioning, business case, presentation, using "Planning Wellness")
- 12:00 Hosted Lunch & Vendor Displays**
- 1:00 - 3:00 Making it Work in Montana: Local Champions**
- *Douglas Mead*, Wellness Dept. Supervisor, Kalispell Regional Medical Center
- *Robin Roush*, SVP of Human Resources, Glacier Bancorp, Inc.
- *Pete Shatwell*, Representative to Laurel School District
- Question and Answer Panel Discussion**
- *Douglas Mead*, Kalispell Regional Medical Center
- *Robin Roush*, Glacier Bancorp, Inc.
- *Pete Shatwell*, Director, TwoMedicine Health and Financial Fitness
- *Kirk Keller*, Blue Cross Blue Shield of MT
- *Jill Young*, University of Montana



Registration

Conference fees include the health management guide, *Planning Wellness, Getting Off to a Good Start*, by Larry Chapman, workshop materials, and three meals during the workshop. Multiple attendees from the same organization are encouraged to attend to better facilitate the implementation of worksite wellness activities planned during this interactive session.

Questions about this conference should be directed to: Chelsea Fagen, Cardiovascular Health Program, at (406) 444-4105 or cfagen@mt.gov.

Conference Fees

- \$100 per person conference fee before April 14, 2006 (EARLY BIRD).
- \$120 per person conference fee after April 14, 2006.
- A processing fee of \$20 will be charged for cancellations prior to May 10th, 2006.
- Refunds will not be available after May 10th, 2006.

Registration Tips

- The early registration deadline is April 14th! Space is limited, so early registration is recommended.
- Please complete one form for each participant. You may copy the registration form or contact Chelsea Fagen, at (406) 444-4105 or cfagen@mt.gov, for additional registration brochures.
- Full payment must be included with the registration form(s). Payment by check only.

Lodging

A room block is reserved at the Hilton Garden Inn (2023 Commerce Way, Bozeman, MT) until April 14th, 2006. The conference rate is \$60 per night (plus tax) under the name *Worklife Wellness Conference*. Call (406) 582-9900 by April 14th to receive the conference rate.



Mail registration and payment to:

Ann Bay
Attn: Worklife Wellness
DPHHS
Cardiovascular Health
Program
PO Box 202951
Helena, MT 59620-2951

Registration Form

- Please use one form per registrant.
- Make check payable to the Department of Public Health and Human Services (Tax ID number 81-0302402).

Name: _____

Title: _____

Organization: _____

Address: _____

City, State, Zip: _____

Phone: _____ e-mail: _____

Amount Enclosed: \$ _____